

CX8 Elliptical Cross Trainer

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Serial Number: _____

Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Opening the box:

You are now ready to unbox your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product so it can be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 1-800-LANDICE.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools required to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation. It is recommended to leave a minimum of 18" of free space (clearance) around the unit and 36" in the front.



Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400Lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This CX8 can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your CX8.

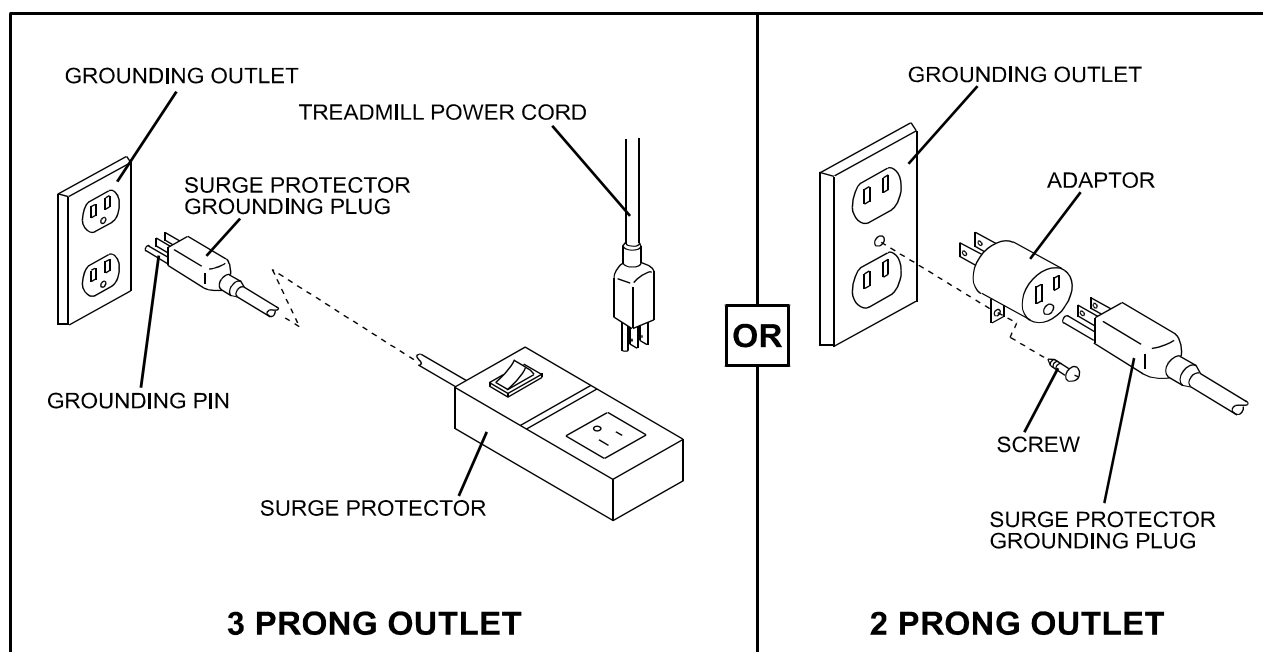
Surge protectors can be purchased at most hardware stores. We recommend a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the CX8 malfunction. This CX8 is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.

100V-125V / 50-60hz



BEFORE YOU BEGIN

Before assembling or using the CX8, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

Product-Scope: This product is made for home use and LTD (light commercial) only and tested up to a maximum body weight of 400lbs.

Product-Performance: This ergo meter is speed independent, i.e. the performance is independent from pedal frequency.

Product-Feature: The resistance can be changed by the computer.

- **Use-Scope:** The CX8 may not be used by individual over 400lbs.
- **Use-Scope:** This product is designed for physical exercise by adults. Please ensure that children only use it under the supervision of an adult. The cross trainer is not recommend for use by children.
- **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- **Use-Environment:** Ensure that sufficient space is available to use the cross trainer.
- **Use-Environment:** Place the cross trainer on an even, non-slippery surface.
- **Use-Environment:** Please ensure that liquids or perspiration never enter the machine or electronics.
- **Use-Environment:** Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- **Use-Environment:** The product is made for home or LTD (light commercial) use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- **User-Health:** Consult your physician before starting any exercise programs to receive proper training advice.
- **User-Health:** Incorrect/excessive training can lead to injuries.
- **User-Health:** If you feel sick, chest pain, dizzy or loss of breath during your training, immediately stop the training and consult your physician.
- **Product-Preparation:** Ensure that training only starts after correct assembly, adjustment and inspection of the cross trainer.
- **Product-Preparation:** Follow the steps of the assembly instructions carefully.
- **Product-Preparation:** Only use suitable tools for assembly and ask for assistance if necessary.
- **Product-Preparation:** Only use original LANDICE parts as delivered (see checklist).
- **Use-Preparation:** Tighten all adjustable parts to prevent sudden movement while training.
- **Use-Instruction:** Please follow the advice to correct training as detailed in the training instructions.
- **Use-Instruction:** Do not use the CX8 without shoes or with loose shoes.
- **Use-Safety:** Be aware of non-fixed or moving parts while mounting or dismounting the CX8.
- **Use-Safety:** Use the height adjustment caps on the rear tube to ensure stable position of the CX8.
- **Use-Safety:** Make sure the front wheels are placed in the correct position: see assembly instructions.
- **Product-Power-Safety:** The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. After completing electrical connection, confirm that all the connections are secure and using intended male/female connectors.
- **Product-Maintenance:** If the equipment is regularly used, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for upright and handlebars.
- **Product-Maintenance:** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- **Product-Maintenance:** Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- **Product-Maintenance:** Only use original LANDICE spare parts.
- **Product-Maintenance:** Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- **Product-Maintenance:** Disconnect the apparatus from wall socket so there is no power to the unit before doing repair, maintenance or cleaning.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
102	Moving Handlebar-Left	1
103	Moving Handlebar-Right	1
341	Incline Frame Lower Cover-Rear	2
342	Incline Frame Lower Cover-Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover - Left	1
705	Undercarriage Cover -Right	1
708	Incline Frame Holder - Front	2
709	Water Bottle Holder	1
H	Chest Belt	1
I	Power Cord	1
A1	Console PC Board Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1

341



342



701



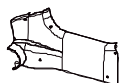
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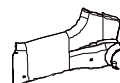
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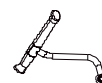
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709



102



103



H



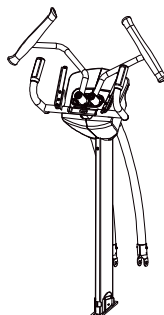
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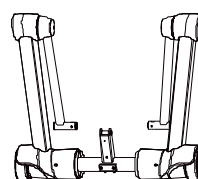
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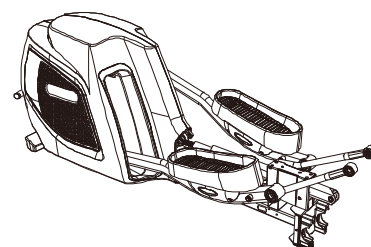
A2



A3



A4



SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
461	M6 Nylon Nut	4
501	4x12mm Screw – Cone Point	5
502	15x22 – M6x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x20mm Allen Head CAP Bolt	4
505	20x79.9-M14x25mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	4
510	4.5x12mm Screw	4
511	M10x40mm Allen Head CAP Bolt	4
514	M6x20mm Allen Head Bolt	6
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	4
518	4x13x1mm Washer	1
520	4.5x15mm	2
521	20.7x29.1x0.3mm Wave Washer	2
A	2.5mm Allen Key	1
B	5mm T-Type Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	13&17 Wrench	1
G	13 & 17 Combination Wrench	1

408



461



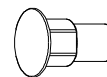
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502



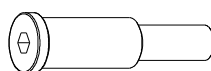
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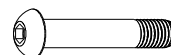
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507



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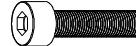
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510



511



514



516



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518



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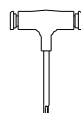
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A



B



C



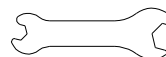
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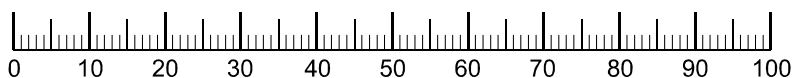
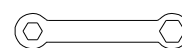
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F



G



MILLIMETERS

PART LIST

Item No.	Description	Qty.	Part No.
CX8-100			
101	Console Support Tube	1	CX8-101
102	Moving Handlebar – Left	1	CX8-102
103	Moving Handlebar – Right	1	CX8-103
104	Moving Linkage – Left	1	CX8-104
105	Moving Linkage – Right	1	CX8-105
106	Pedal Arm – Left	1	CX8-106
107	Pedal Arm – Right	1	CX8-107
108	Pedal Swing Arm	2	CX8-108
109	Incline Frame	1	CX8-109
110	Incline Transmission Tube-	1	CX8-110
112	Main Frame	1	CX8-112
113	Incline Switch Sensor Plate	1	CX8-113
115	Tension Wheel Bracket	1	CX8-115
118	Action Arm – Left	1	CX8-118
119	Action Arm – Right	1	CX8-119
120	Cover Support Tube - Rear	1	CX8-120
121	Cover Support Tube - Front	1	CX8-121
CX8-200			
201	Flywheel Fixed Plate - Left	1	CX8-201
202	Flywheel Fixed Plate - Right	1	CX8-202
203	Elector-Magnetic Adjusted Plate	1	CX8-203
204	Console Cover Support Rear Plate - Left	1	CX8-204
205	Console Cover Support Rear Plate - Right	1	CX8-205
206	Incline Frame Holder – Rear	2	CX8-206
211	Bearing 2201	2	CX8-211
213	Moving Linkage Bushing	4	CX8-213
215	Bearing 2203	2	CX8-215
217	Bearing 6205	4	CX8-217
219	Bushing 16x22.2x10.7mm	4	CX8-219
220	Bushing 18x12mm	2	CX8-220
221	Flywheel Pivot	1	CX8-221
222	Bearing 6203	2	CX8-222
224	Flywheel	1	CX8-224
225	Bearing 6300	2	CX8-225
226	Crank	2	CX8-226
227	Crank Disk	1	CX8-227
228	Crank Disk Oval Cap	1	CX8-228
230	Bearing 6005	2	CX8-230
231	Crank Disk Pivot	1	CX8-231
232	Crank Pivot Bushing	1	CX8-232
233	Belt	1	CX8-233
234	Level Adjuster	2	CX8-234
235	Control Board Base	1	CX8-235
236	Speed Sensor Base	2	CX8-236

PART LIST

Item No.	Description	Qty.	Part No.
238	Overlay	1	CX8-238
241	Bearing 6904	10	CX8-241
CX8-300			
301	Plastic Bushing 20X26X6mm	2	CX8-301
302	Plastic Bushing 22X26X6mm	2	CX8-302
303	Hand Pulse Sensor Cover	2	CX8-303
304	Button Cover – Top	1	CX8-304
305	Button Cover – Bottom	1	CX8-305
306	Console Bottom Cover – Left	1	CX8-306
307	Console Bottom Cover – Right	1	CX8-307
311	Pivot Cap	2	CX8-311
312	Action Arm Drive Gear	2	CX8-312
313	Moving Handlebar Drive Gear	2	CX8-313
319	Switch Plate	1	CX8-319
320	Pedal Soft Cushion	2	CX8-320
321	Pedal	2	CX8-321
324	Pedal Buffer Cover	4	CX8-324
325	Vent Cover – Rear	1	CX8-325
326	Rear Shroud Inlet – Left	1	CX8-326
327	Rear Shroud Inlet – Right	1	CX8-327
328	Lift Handlebar End Cap	2	CX8-328
329	Pedal Swing Arm Cap	2	CX8-329
330	Incline Frame Positioner	2	CX8-330
331	Wheel Cap 112x41.5mm	2	CX8-331
332	Wheel Cap 46x12mm	2	CX8-332
333	Wheel 140x51.86mm	2	CX8-333
334	Bearing Bracket	1	CX8-334
335	Control Board Cover	1	CX8-335
336	Oval Tube Cap	2	CX8-336
337	Vent Cover – Left	1	CX8-337
338	Rear Shroud – Left	1	CX8-338
339	Rear Shroud – Right	1	CX8-339
340	Vent Cover –Right	1	CX8-340
341	Incline Frame Lower Cover – Rear	2	CX8-341
342	Incline Frame Lower Cover – Front	2	CX8-342
343	Incline Frame Top Cover – Rear	2	CX8-343
344	Incline Frame Top Cover – Front	2	CX8-344
346	iPod Dock Bracket Cover – Top	1	CX8-346
347	iPod Dock Bracket Cover – Bottom	1	CX8-347
351	iPod Cushion	1	CX8-351
CX8-400			
401	8x27x2mm Washer	2	CX8-401
402	3x12mm Screw – Cone Point	2	CX8-402
403	Taper Fixing Insert	44	CX8-403

PART LIST

Item No.	Description	Qty.	Part No.
404	M8x16mm Allen Head CAP Bolt	1	CX8-404
405	8x14xT2.0mm Spring Washer	7	CX8-405
406	M10x20mm Allen Head Cap Bolt	4	CX8-406
407	4x15mm Screw – Flat Point	4	CX8-407
408	4x15mm Screw – Cone Point	4	CX8-408
409	3x15mm Screw – Flat Point	4	CX8-409
410	M8x20mm Screw	2	CX8-410
411	4x12mm Screw – Cone Point	50	CX8-411
412	M32 C Clip	2	CX8-412
413	12x20x2mm PU Washer	2	CX8-413
415	M8x20mm Allen Head Bolt	2	CX8-415
416	M6 Nylon Nut	1	CX8-416
417	M8 Nylon Nut	3	CX8-417
418	25mm C Clip	2	CX8-418
419	M3X6X2.4 mm Nut	2	CX8-419
421	M12 C Clip	2	CX8-421
422	M10X45X15mm Tension Wheel Bolt	1	CX8-422
423	4.5x15mm Screw	2	CX8-423
424	M6x12mm Allen Head CAP Bolt	8	CX8-424
425	6x10x1mm Spring Washer	35	CX8-425
426	20x6x1.5mm Washer	6	CX8-426
427	M42 C Clip	2	CX8-427
429	M10x20mm Bolt	2	CX8-429
430	10x16x2mm Spring Washer	8	CX8-430
431	10x30x1 Plastic Washer	1	CX8-431
432	M4 Nylon Nut	2	CX8-432
434	8x27x1mm Plastic Washer	2	CX8-434
435	16x25xT3.0 Washer	4	CX8-435
436	M10x40mm Allen Head Bolt	1	CX8-436
437	M6x12mm Screw	14	CX8-437
438	17x22xT1.5mm Plastic Washer	3	CX8-438
439	M8x50mm Allen Head CAP Bolt	2	CX8-439
440	32x6x2.0 Washer	1	CX8-440
441	M6X30X30mm Allen Key Bolt	2	CX8-441
442	M22 Nut	2	CX8-442
445	Pedal Arm Pivot	2	CX8-445
446	3/4" Nut	6	CX8-446
447	M10X30X30mm Allen Head CAP Bolt	2	CX8-447
448	M4x15mm Screw	2	CX8-448
449	4x12mm Screw	6	CX8-449
451	M4X40X40mm Allen Head CAP Bolt	1	CX8-451
452	M5x8mm Allen Head Bolt	2	CX8-452
453	M4x6mm Screw	4	CX8-453
454	Pin Nut	4	CX8-454
455	M4x45mm Screw	2	CX8-455
456	M3x8mm Screw	2	CX8-456
457	U - Iron Screw Hole Plate -5*12.5*20mm	8	CX8-457

PART LIST

tem No.	Description	Qty.	Part No.
458	M5x12mm Screw	2	CX8-458
459	M8x45mm Bolt	3	CX8-459
460	8x16xT1.0mm Washer	3	CX8-460
461	M6 Nut	4	CX8-461
463	M6X15X15 Screw – Flat Point	2	CX8-463
464	5/12" X32mm Allen Head Bolt	4	CX8-464
465	6x14.5–M5x6.5mm Bolt	2	CX8-465
467	M5x15mm Screw	9	CX8-467
468	M5 Nut	6	CX8-468
469	5mm Lock Washer	3	CX8-469
471	M5X45mm Screw	3	CX8-471
472	4x15mm Screw	8	CX8-472
473	2X10mm Screw – Flat Point	2	CX8-473
476	M5 Nylon Nut	4	CX8-476
477	5X10X1mm Washer	1	CX8-477
478	10X19X3mm Washer	1	CX8-478
479	10X23X2mm Washer	1	CX8-479
483	6X13XT1.5 Washer	4	CX8-483
486	5/16" Nylon Nut	4	CX8-486
487	U - Iron Screw Hole Plate -5*11*16.5mm	6	CX8-487
488	8X18X2mm Washer	2	CX8-488
489	M6X25X25mm Allen Head CAP Bolt	2	CX8-489
CX8-500			
501	4x12mm Screw	1	CX8-501
502	15x22–M8x10mm Bolt	2	CX8-502
503	15x26–M8x15mm Bolt	2	CX8-503
504	M8X16mm Allen Head CAP Bolt	4	CX8-504
505	20x79.9-M14x25mm Bolt	2	CX8-505
506	4x12mm Screw – Flat Point	7	CX8-506
507	M10x56mm Allen Head Bolt	1	CX8-507
508	M10 Nylon Nut	3	CX8-508
509	4x19mm Screw	4	CX8-509
510	4.5x12mm Screw	4	CX8-510
511	M10x40mm Allen Head CAP Bolt	4	CX8-511
514	M6x20mm Allen Head CAP Bolt	6	CX8-514
516	M5x8mm Screw	2	CX8-516
518	4X12X1mm Washer	1	CX8-518
520	4.5x15mm Screw	2	CX8-520
521	20.7x29.1x0.3mm Wave Washer	2	CX8-521
CX8-600			
601	8Pin Power Wire – Upper	1	CX8-601
602	8Pin Power Wire – Lower	1	CX8-602
604	Electro-Magnetic Wire	1	CX8-604
605	1 Pin Power Connection Wire	3	CX8-605
606	3C Power Wire	1	CX8-606
607	Hand Pulse Sensor Wire	2	CX8-607
609	2 Pin Hand Pulse Sensor Wire – Lower	2	CX8-609
610	Console PC Board	1	CX8-610

PART LIST

Item No.	Description	Qty.	Part No.
612	Receiver Wire	1	CX8-612
613	Membrane Button Overlay	1	CX8-613
614	Fan	1	CX8-614
615	HR Receiver	1	CX8-615
616	Elevation Motor	1	CX8-616
617	Speed Sensor	1	CX8-617
618	Transformer	1	CX8-618
619	Control Board	1	CX8-619
620	Power Insert	1	CX8-620
621	Power Switch	1	CX8-621
622	Power Breaker	1	CX8-622
623	Elector-Magnetic System	1	CX8-623
624	Magnetic Sensor	1	CX8-624
625	Micro switch 10A	2	CX8-625
626	Incline 3C Power Connector Wire	1	CX8-626
627	Right Angle Audio Cable	1	CX8-627
628	Incline Motor Sensor Connector	1	CX8-628
632	iPod dock	1	CX8-632
633	Speaker	2	CX8-633
634	Amplifier PC board	1	CX8-634
CX8-700			
701	Action Arm Lower Cover	4	CX8-701
702	Pedal Arm Front Pivot Cover	2	CX8-702
703	Incline Frame Front Cover	1	CX8-703
704	Undercarriage Cover – Left	1	CX8-704
705	Undercarriage Cover – Right	1	CX8-705
706	Nylon Bushing	1	CX8-706
708	Incline Frame Holder – Front	2	CX8-708
709	Water Bottle Holder	1	CX8-709
742	4x15mm Screw – Flat Point	8	CX8-742

HOW TO OPEN BOX



1. Cut the plastic straps.

HOW TO OPEN BOX



2. Cut the box along the bottom all the way around and lift the box from pallet.
3. Carefully cut away all plastic wrap and remove all components leaving only frame strapped to pallet.
4. Cut the straps both at the front and back of unit.

HOW TO OPEN BOX

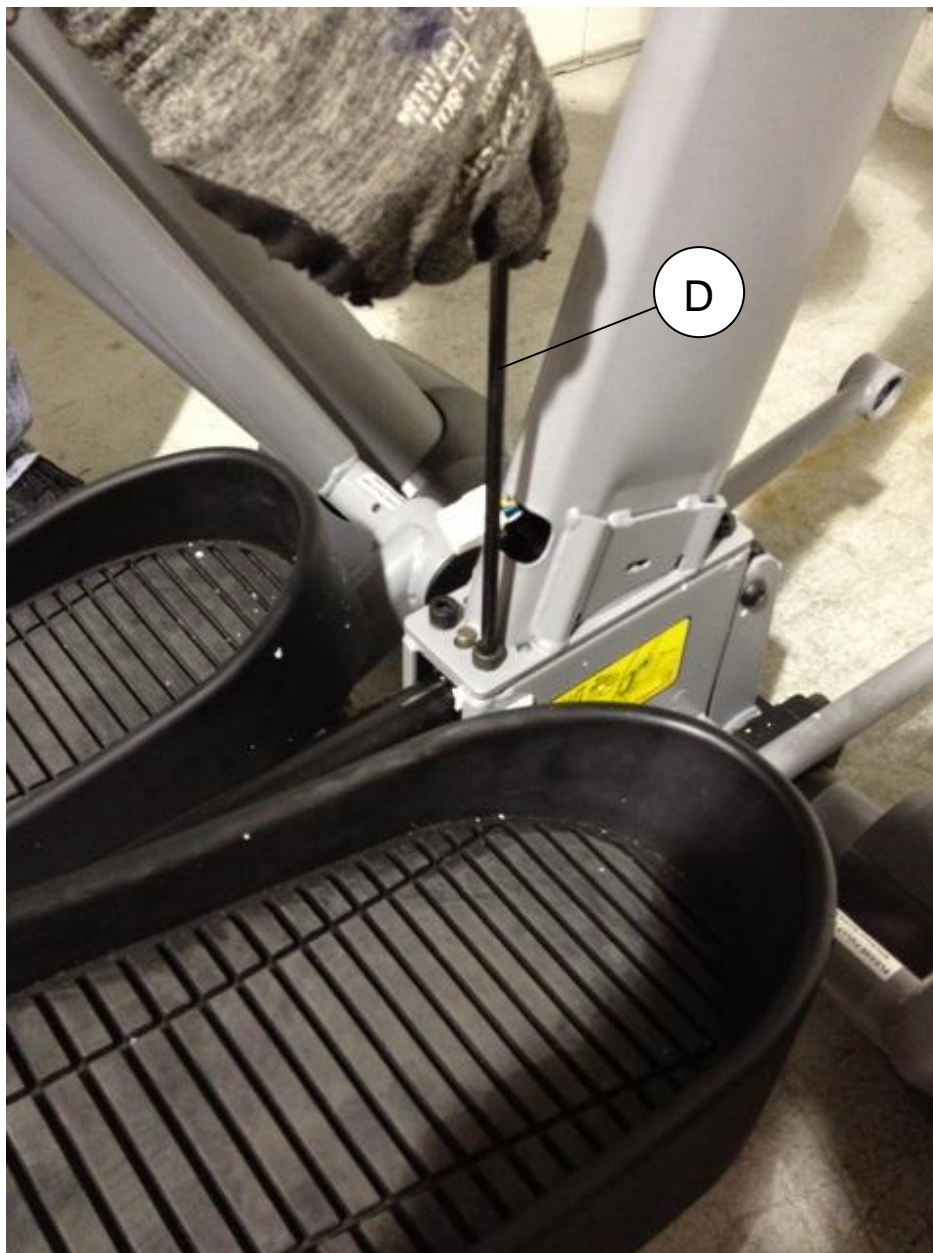


5. Set unit on floor and discard pallet.

ASSEMBLY

6. Set upright-(A2) on base mount (carefully hold it until you secure it with bolts in next step).

ASSEMBLY



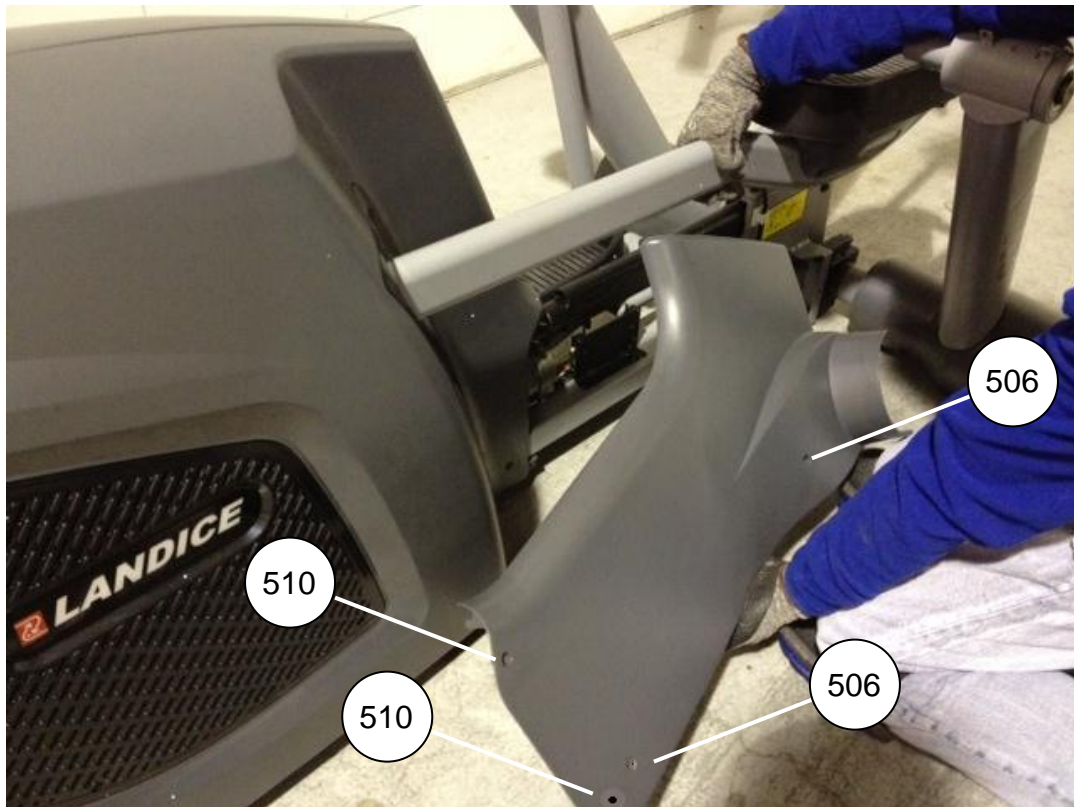
7. Use 6mm Allen key (D) to secure the M8 X 20mm Allen Head cap bolts (#504).

504

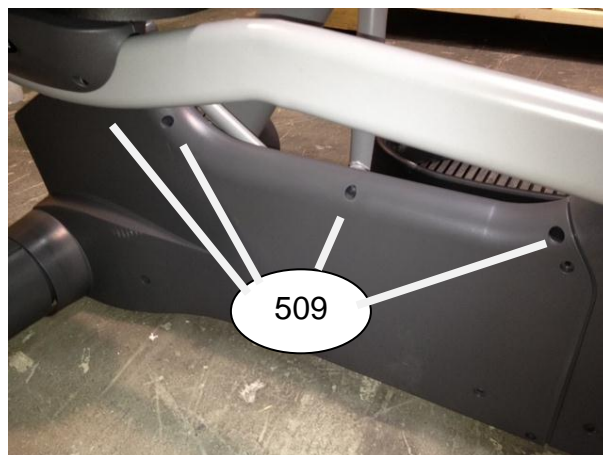
X4






ASSEMBLY



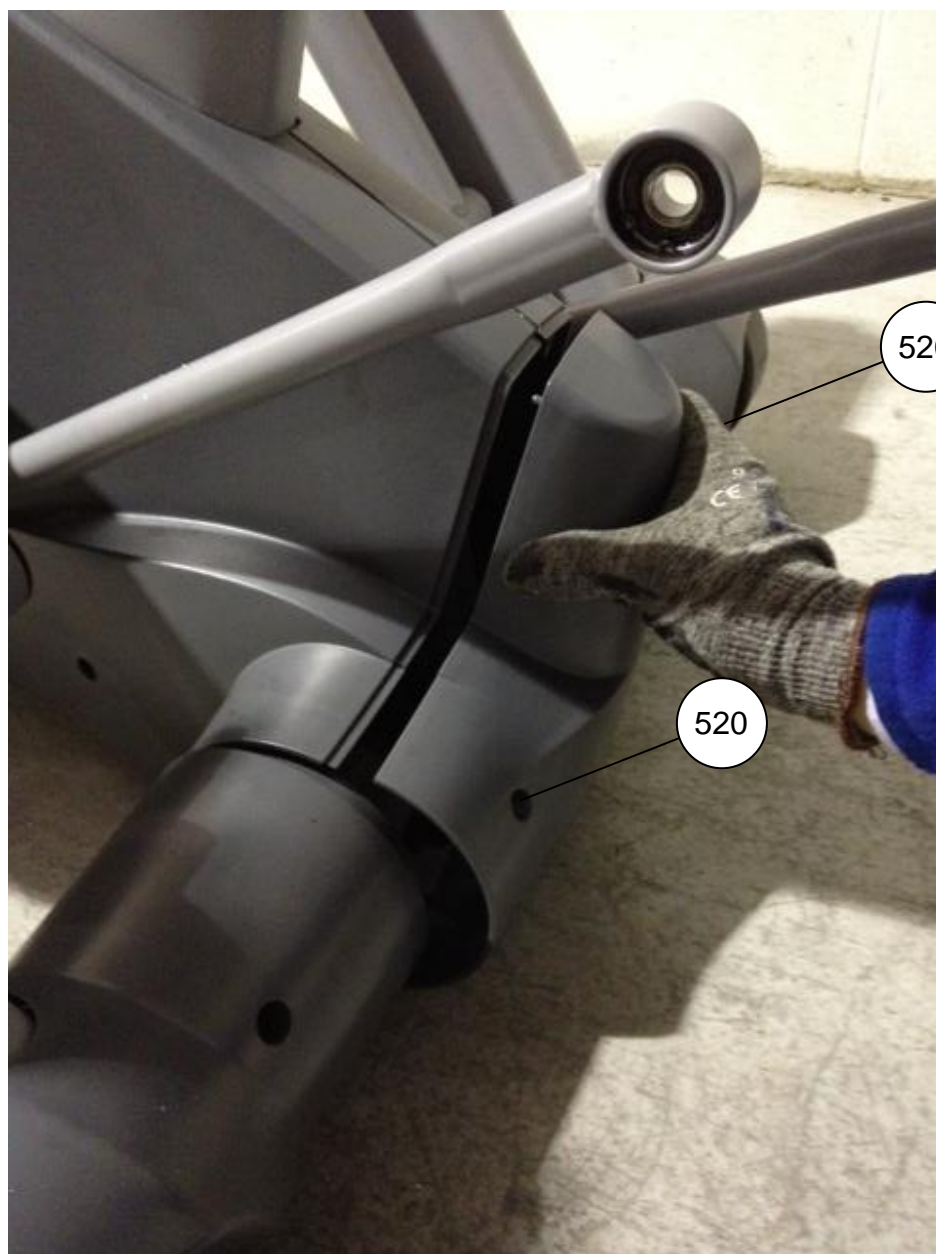
OPPOSITE SIDE



8. Complete harness connection from base of upright to frame.
9. With the pedal arm in the high position, carefully slip the middle shroud cover up into position from beneath.
10. Attach the pedal shroud using screws 4 x #506 (2 per side), 4 x #509 (all 4 on one side – see image) , and 4 x #510 (2 per side)

506	X4	
509	X4	
510	X4	

ASSEMBLY



11. Attach front shroud cover using screws 2 x #520

520

X2



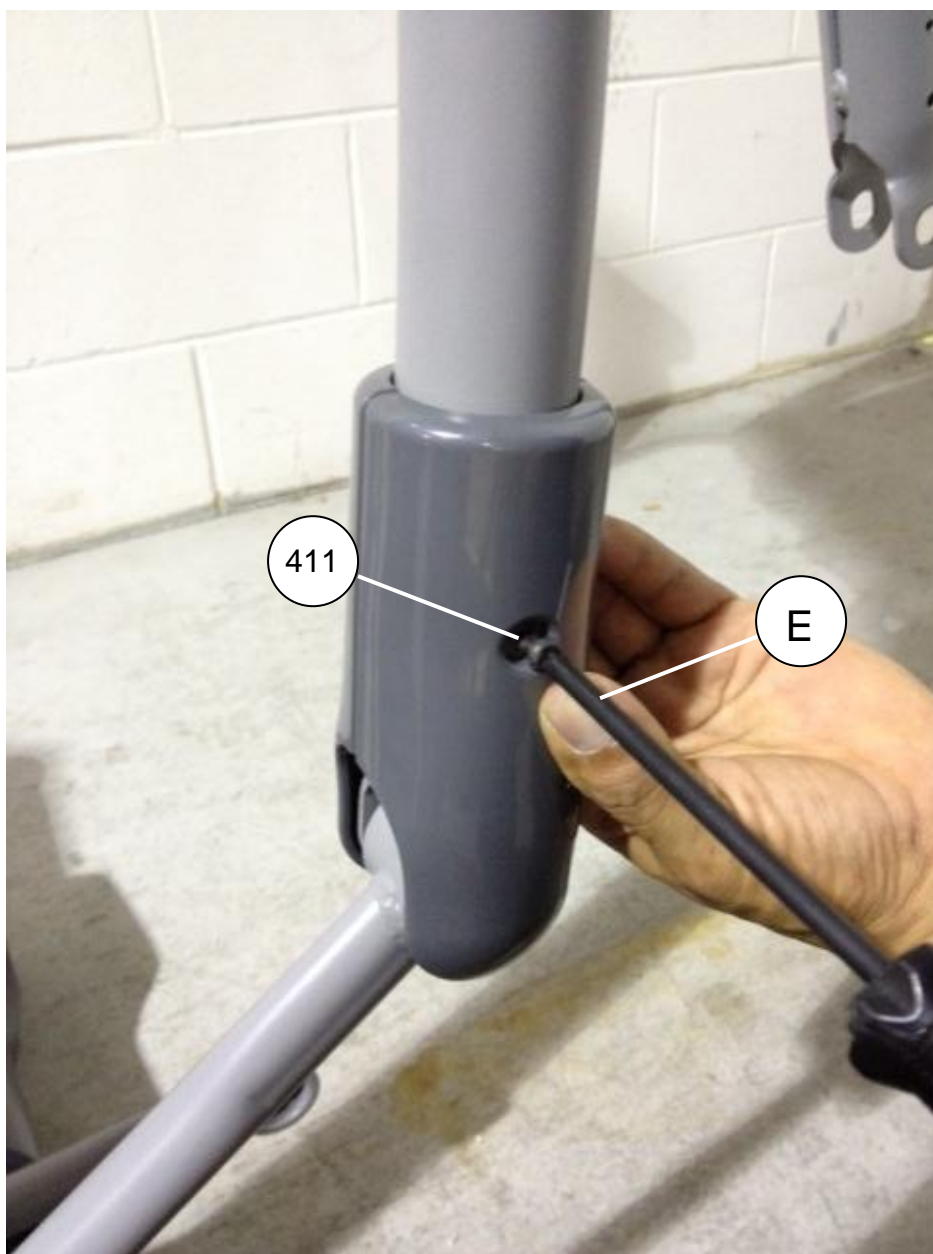
ASSEMBLY



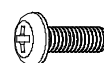
12. Connect the action arm moving linkage using a 6mm Allen key(D): bolts #502 and #503

502	X2	
503	X2	

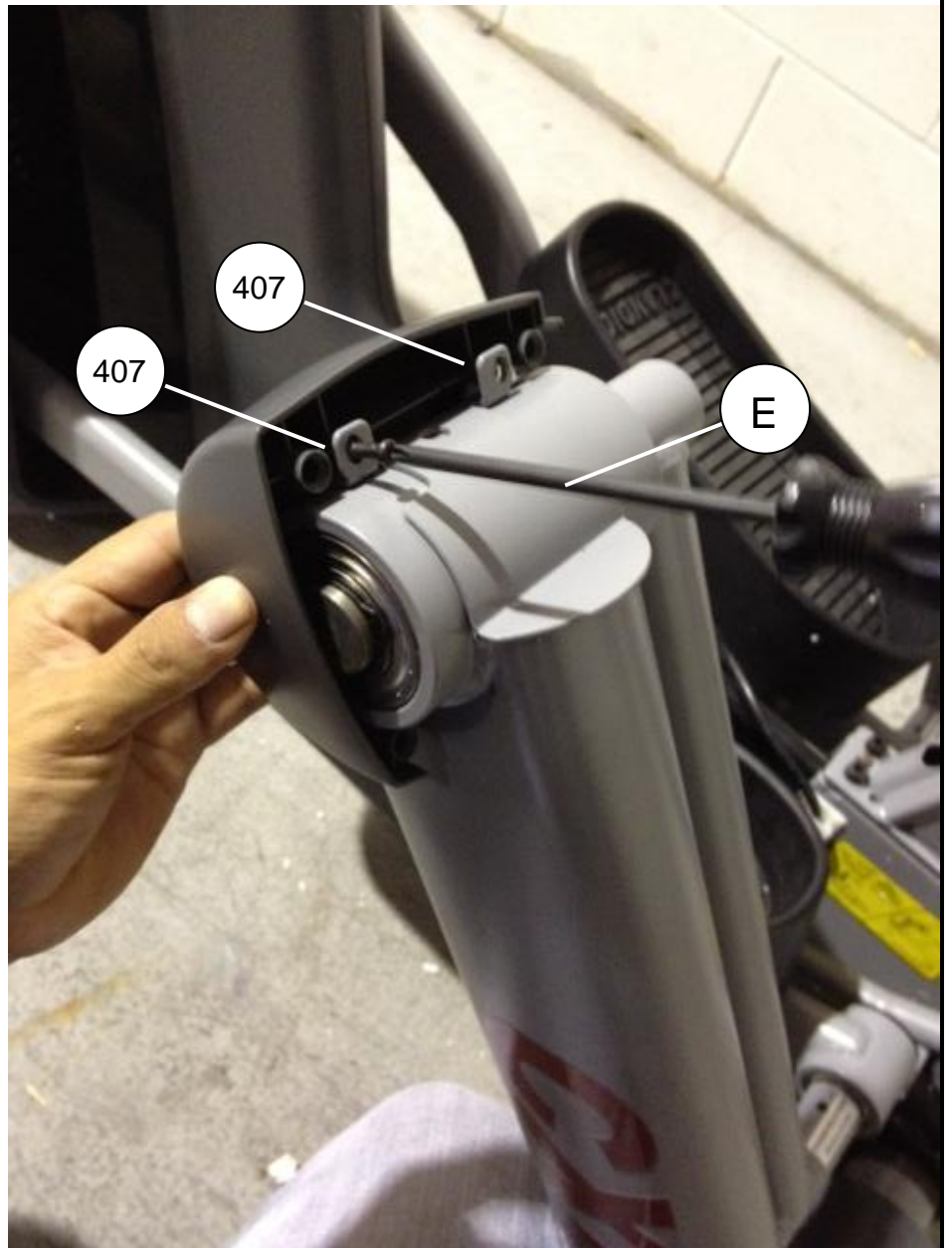
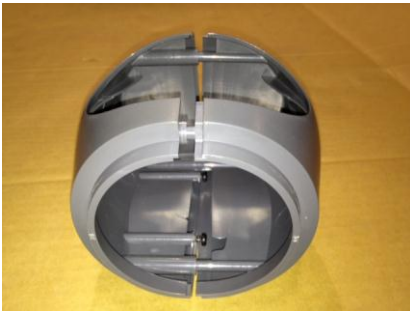
ASSEMBLY



13. Remove the preinstalled screws #411. Attach the plastic covers and reinstall the #411 screws

411**X4**

ASSEMBLY



14. Remove the hardware preinstalled in the plastic covers to be used for installation. Install the front/back incline support covers using screws #407.

407
X4


ASSEMBLY

15. Once you install one side of the front/back incline support covers, the other snaps into the one you just secured.

ASSEMBLY



16. Install the outside incline support covers using screws #458 which is already preinstalled.

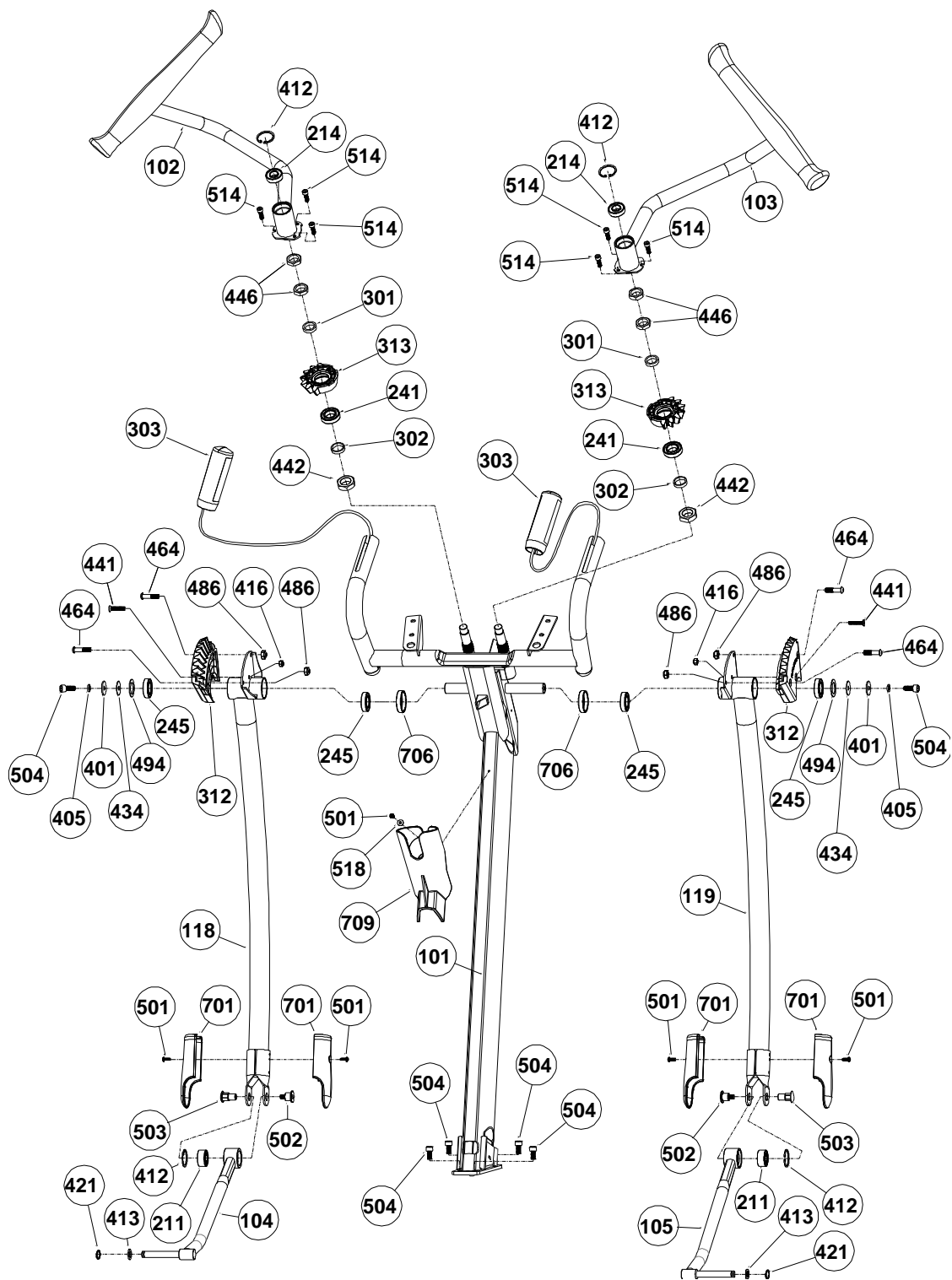
17. Connect power cord to rear with red power switch set to OFF. Connect the line cord to the wall and turn the red power switch to ON.

458

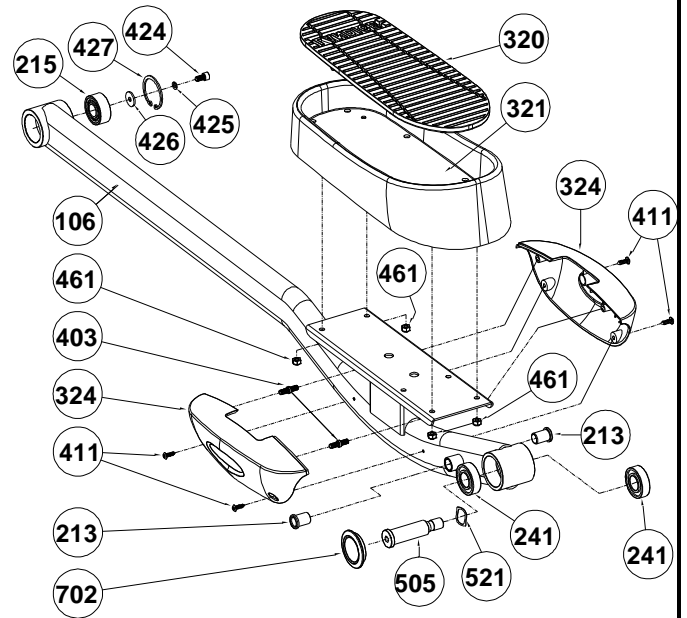
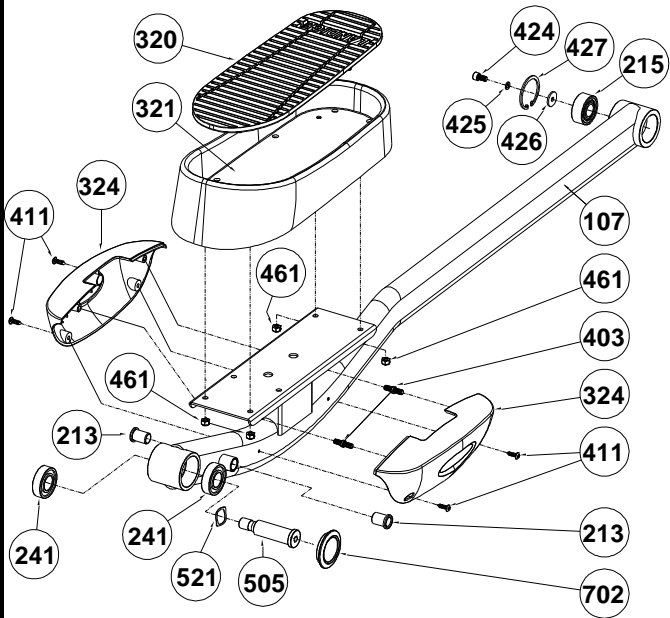
X2



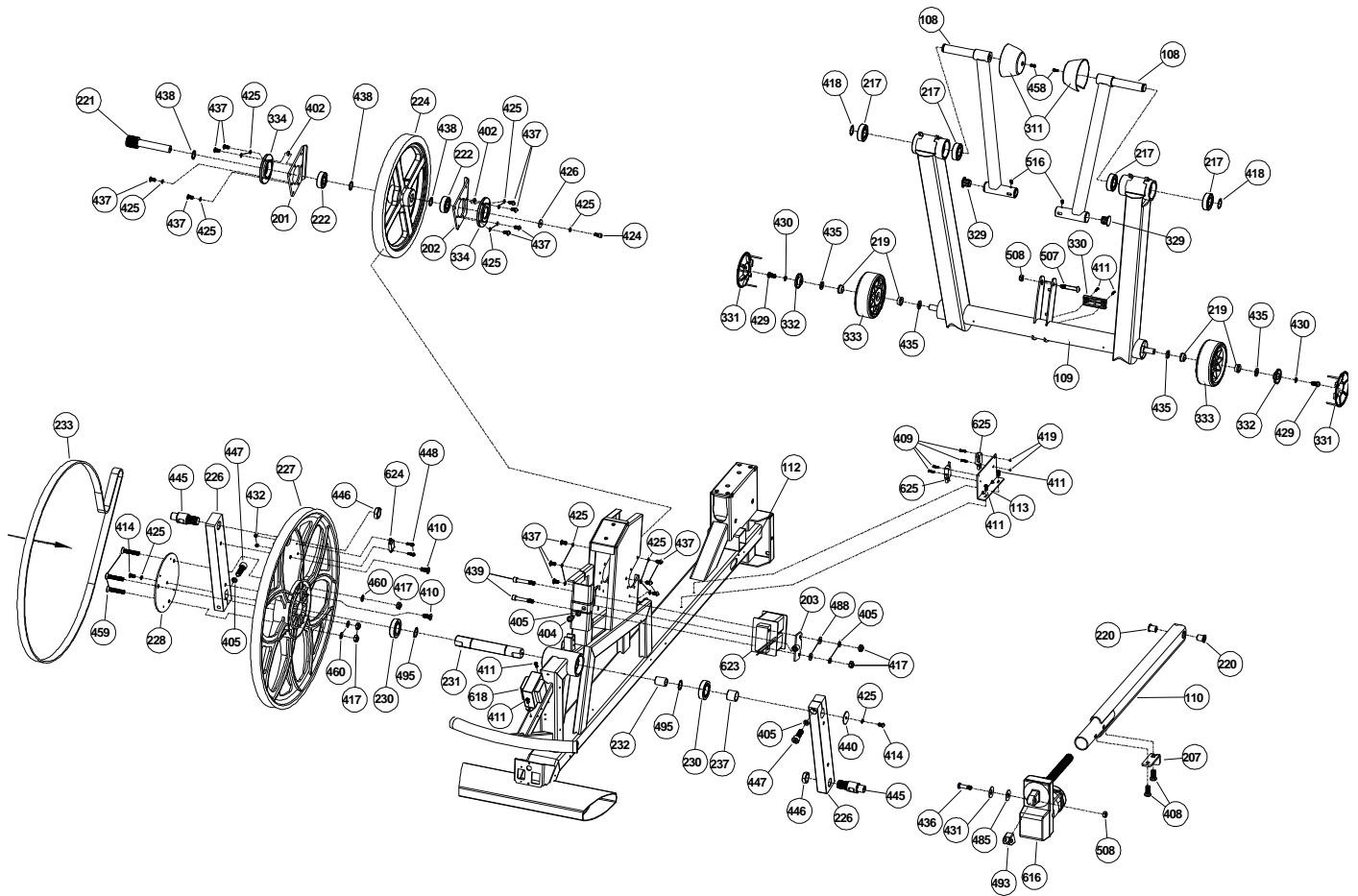
EXPLODED DIAGRAM



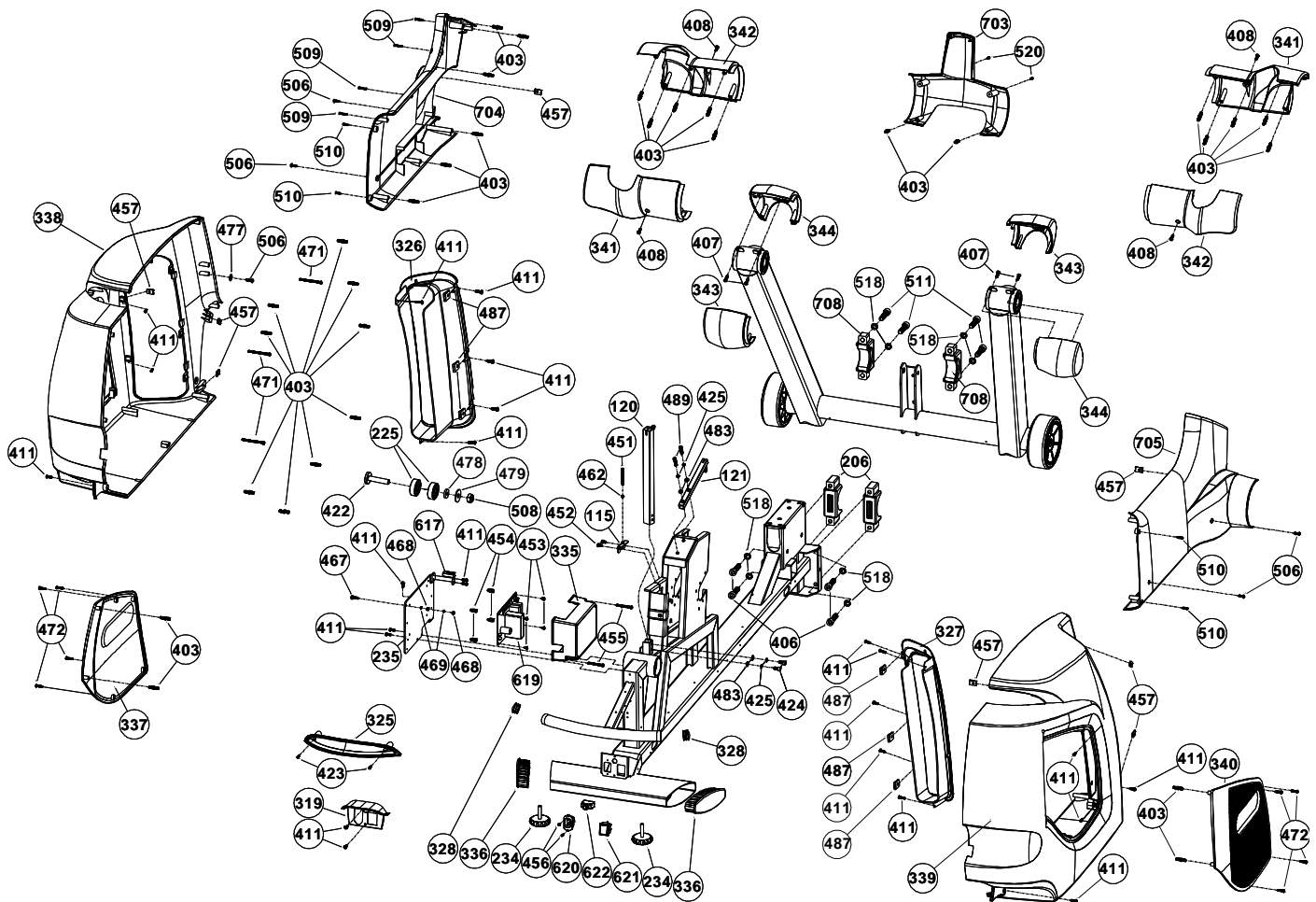
EXPLODED DIAGRAM



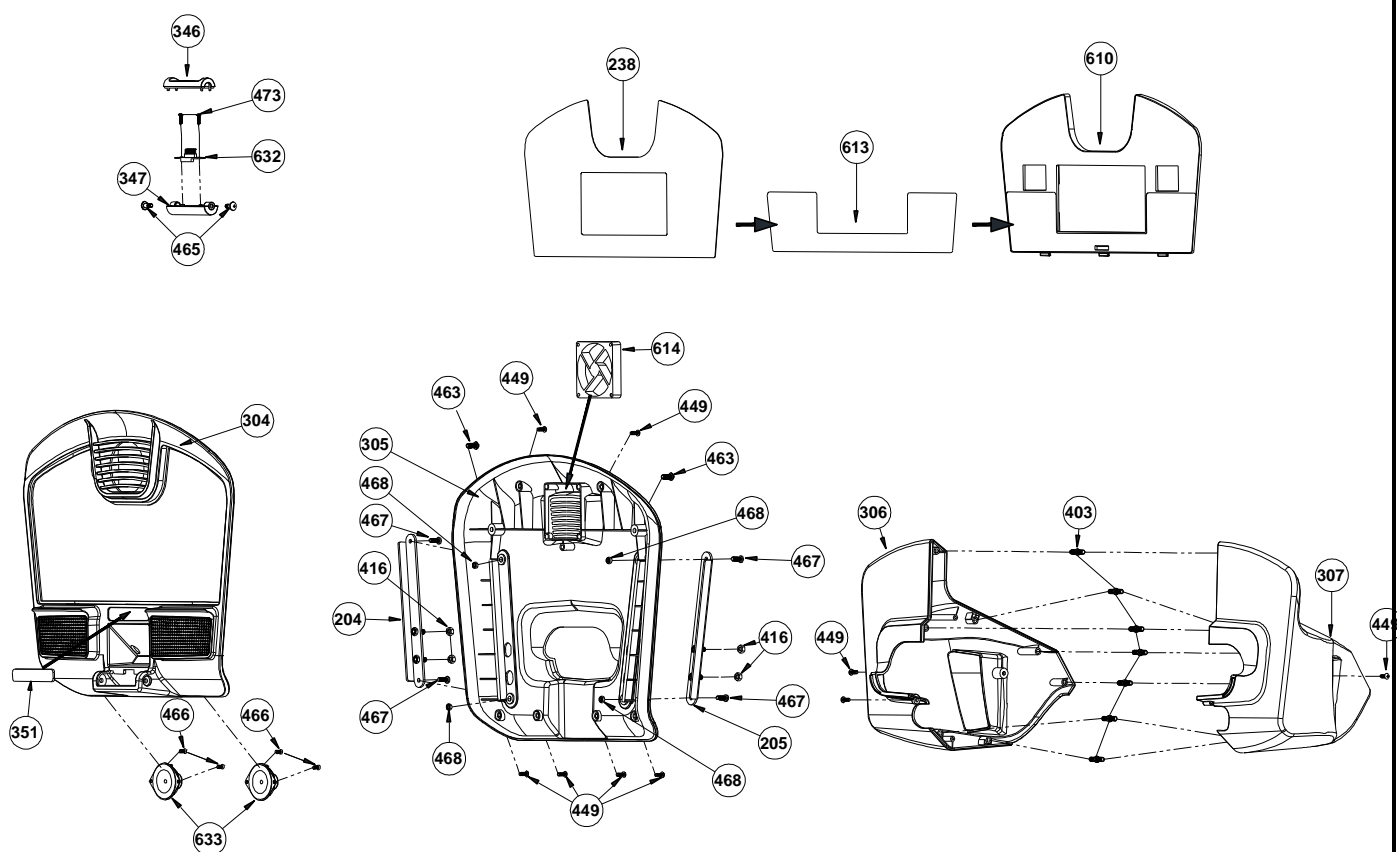
EXPLODED DIAGRAM



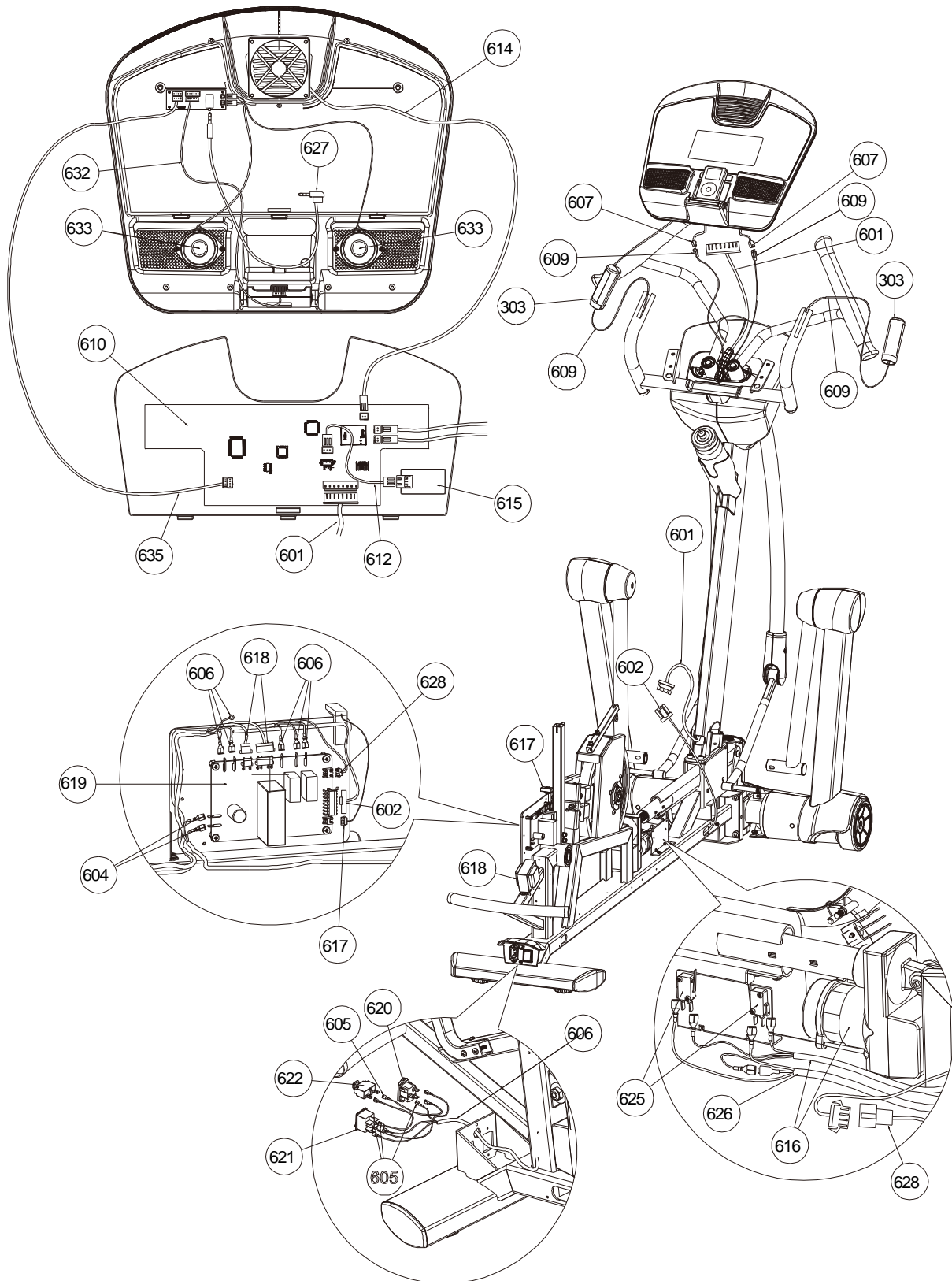
EXPLODED DIAGRAM



EXPLODED DIAGRAM



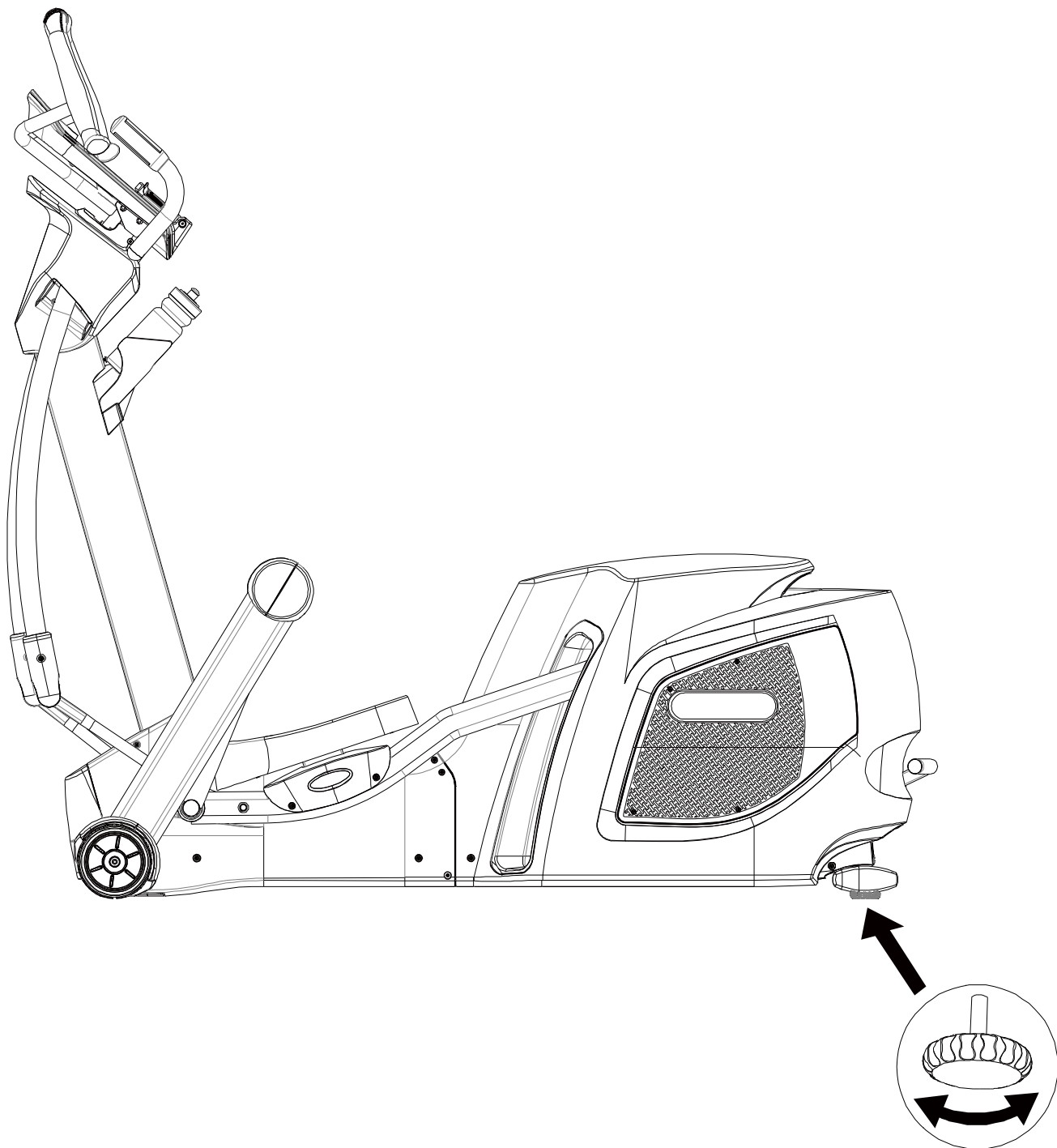
WIRE DIAGRAM



STABILIZER ADJUSTMENT**LEVEL ADJUSTMENT:**

To adjust the level of the CX8 cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

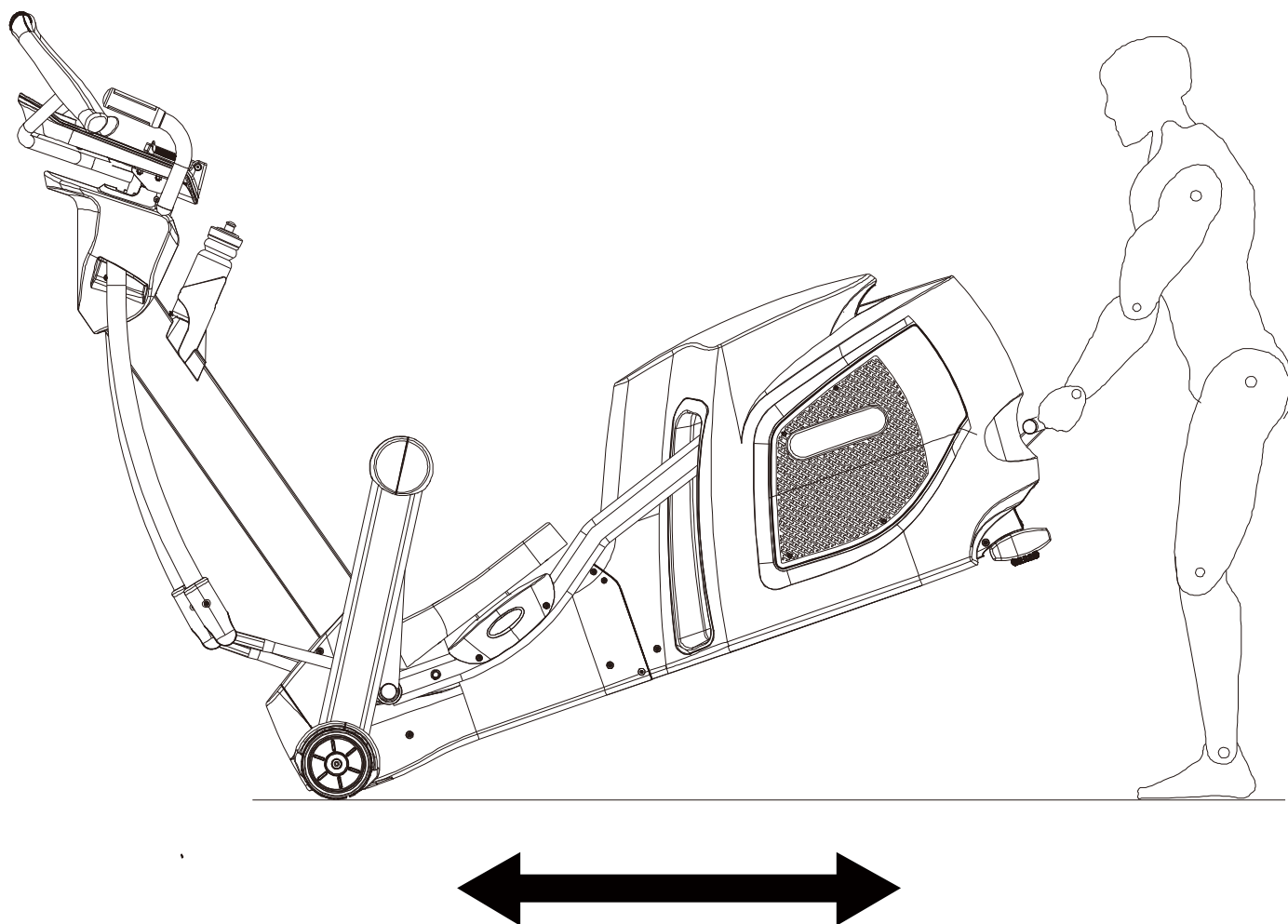
Tilt the cross trainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS**Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:



Introducing **THE CX8 ELLIPTICAL TRAINER** Cross Training At New Levels



The CX8 Elliptical Trainer features a unique “swing-up” motion that allows the lower leg to swing naturally during the forward step. This works additional muscle groups without harmful knee pressure. Variable motion technology enables both the incline and pedal stride path to change simultaneously. Go from 18” to 32” stride path while increasing incline from 0% to 60%.

STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

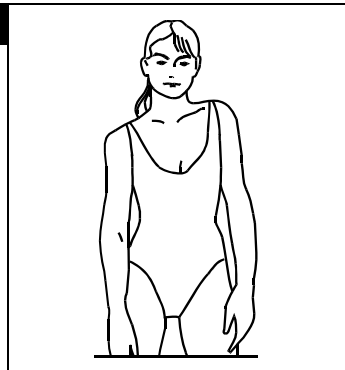
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

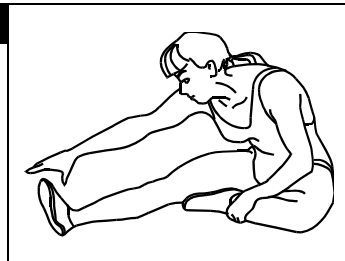
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

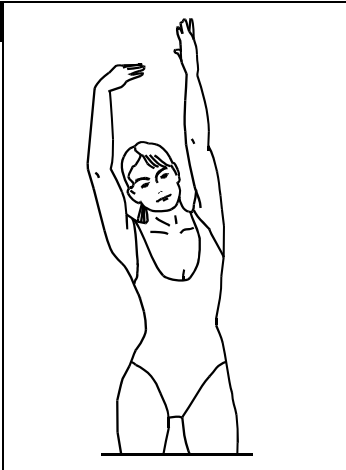
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

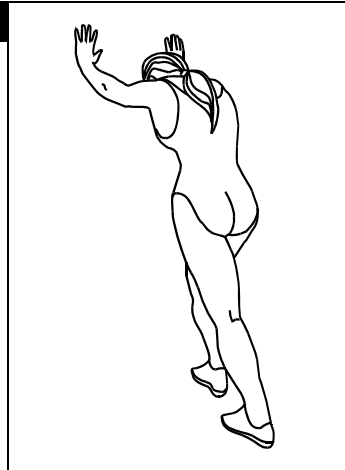
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

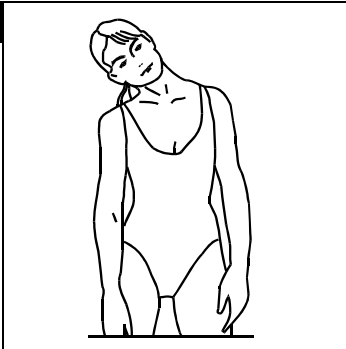
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



MANUAL MODE OPERATION

DISPLAY FUNCTIONS:



Press the **START** button to start exercise,

1. **EFFORT** Levels starts from L1 to L16, press **EFFORT +/-** to adjust the resistance levels.
2. **INCLINE** Levels starts from L1 to L12, press **INCLINE +/-** to adjust the motion levels.



STOP:

Press **STOP** button to shut off console screen, and press any button of console to power the screen on.



EFFORT LEVEL DISPLAY:

Displays Effort Level from L1 to L16.



INCLINE LEVEL DISPLAY:

Displays Motion Level from 1 to 12. The % Grade and Stride Path Length for each Motion Level will be temporarily displayed during each change.



FAN:

Adjust Fan to 3 different settings: Level 1



Level 2



Level 3



VOLUME:

Adjust volume of Audio Player or iPod.



PROGRAM / ENTER:

Press Program/Enter to view available programs. Use +/- keys to scroll through all programs. To select the program you want – Press **PROGRAM/ENTER**



MANUAL / EXIT:

Press Manual/Exit at any time to return to **MANUAL MODE** at any time. In Manual Mode, you keep all manual control of effort and incline.

8 X 16 DOT MATRIX RESISTANCE LEVEL PROFILE DISPLAY:

Displays all operating instructions prior to the workout and displays **RESISTANCE** level profile during the workout.

ENGLISH/METRIC CONVERSION:

The elliptical displays **ENGLISH** and **METRIC** information. When the display reads **"MPH"** it's in **ENGLISH** mode and display **"KM/H"** is **METRIC** mode. You can see your current setting at the left lower corner of screen, **ENGLISH** or **METRIC**. In case that the elliptical needs to be converted between **METRIC** and **ENGLISH** readout, please follow the procedure as below:

1. **POWER SWITCH** to ON then Press both **INCLINE UP** and **DOWN** buttons at the same time, and hold them for 3 seconds.
2. The display will sound one short beep, and then go into current computer version check.
3. Press **PROGRAM** and **"En 1"** will blink on the top left corner. Please presses **PROGRAM** again which will go into conversion channel, and then you can press **INCLINE/ EFFORT UP DOWN** to select which mode that you needed.
4. Press **PROGRAM** button to save this setting, and press **EXIT** button twice to back power on status.

SLEEP MODE:

If the unit is left idle for:

10 Seconds: The unit enters **PAUSE** and inclines returns to Level 1 to facilitate an easier restart. If pedaling resumes, the incline will return to its previous setting and the unit will resume from **PAUSE MODE**.

5 Minutes: The display will shut down to go in sleep mode to conserve energy.

PROGRAM OPERATION INSTRUCTIONS:

Press PROGRAM at any time to enter the PROGRAM SELECTION MENU. The first Program to appear is DEMO MODE.

- To view other programs available use the +/- keys
- To select the program in view, press PROGRAM
- Once you select a program, use the +/- to adjust program settings and START to begin.

PROGRAM 1 – DEMO MODE

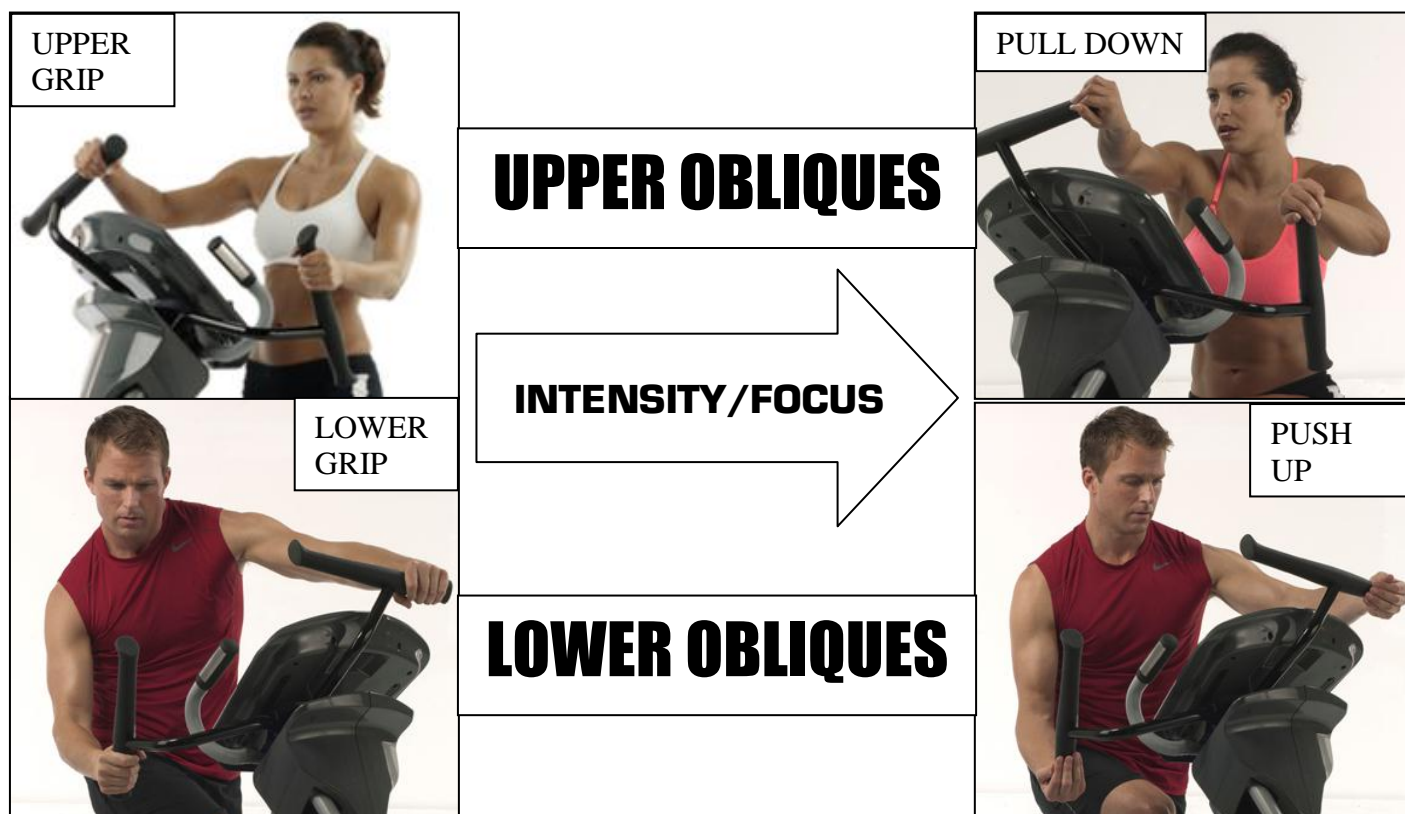
This 3 minute program will take you through the range of foot motion and hand positions available.

PROGRAM 2 – CARDIO CORE

This program will introduce different grip areas combined with pedal directions during your workout. The incline and effort level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

When you select this program, you are prompted to enter a program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

Grip area	Movement direction	Segment Length	Alpha-Numeric Display
Upper Grip	Forward	2	UPPER GRIP
Bottom Grip	Forward	1	PUSH UP
Upper Grip	Forward	3	UPPER GRIP
Top Grip	Forward	1	PULL DOWN
Lower Grip	Forward	3	LOWER GRIP
Stationary handles	Reverse	1	FIXED / REV.
Bottom Grip	Forward	1	PUSH UP
Upper Grip	Reverse	3	UPPER / REV.
Top Grip	Forward	1	PULL DOWN
Lower Grip	Forward	3	LOWER GRIP
Right/Upper Grip	Forward	1	RIGHT CROSS
Left/Upper Grip	Forward	1	LEFT CROSS
Bottom Grip	Forward	1	PUSH UP
Upper Grip	Reverse	3	UPPER / REV.
Top Grip	Forward	1	PULL DOWN
Lower Grip	Forward	3	LOWER GRIP
Upper Grip	Forward	1	DOUBLE CROSS



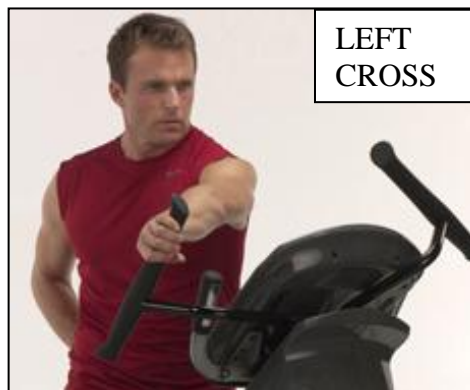
PROGRAM INSTRUCTIONS

**RIGHT
CROSS**



**MAIN
ABDOMINALS**

**LEFT
CROSS**



**DOUBLE
CROSS**



**EXTREME
OBLIQUES
+
SERRATUS**

**FIXED
GRIP**



PROGRAM 3 – TIME GOAL

This program will let you set a Time as your workout goal. The incline and effort level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

When you select this program, you are prompted to enter a time goal. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Time counts down to 0, Distance and Calories count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 4 – DISTANCE GOAL

This program will let you set a Distance as your workout goal. The incline and effort level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

When you select this program, you are prompted to enter a distance goal. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Distance counts down to 0, Time counts up, and Calories count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 5 – CALORIE GOAL

This program will let you set a Calorie Total as your workout goal. The incline and effort level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

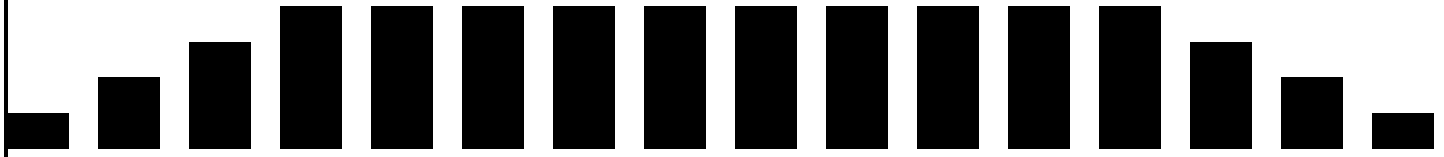
When you select this program, you are prompted to enter a calorie goal. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Calories counts down to 0, Time counts up, and Distance counts up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM INSTRUCTIONS

PROGRAM 6 – FAT BURN

This program's goal is to elevate your heart rate and maintain it for most of your workout. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



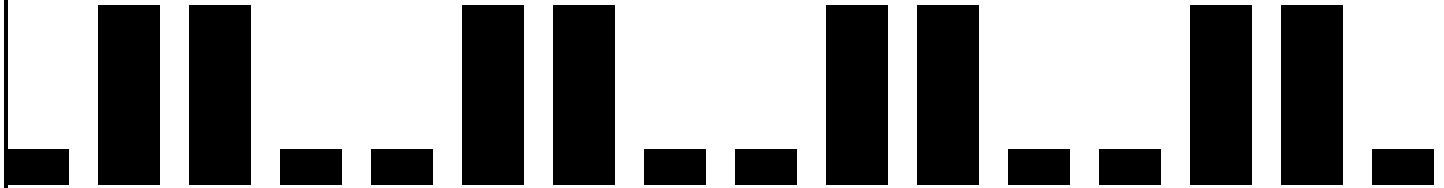
When you select this program, you are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.

Time counts down to 0, Calories and Distance will count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 7 – INTERVAL EFFORT

This program's goal is to vary your Effort Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.

Time counts down to 0, Calories and Distance will count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 8 – INTERVAL MOTION

This program's goal is to vary your Incline Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, you are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the effort level will not change unless you manually change it. Any effort setting you change will remain that way for the remainder of the program.

Time counts down to 0, Calories and Distance will count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM INSTRUCTIONS

PROGRAM 9 – ENDURANCE

This program's goal is to vary your Effort and Incline Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, you are prompted to enter weight, difficulty setting (1-8), and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

Time counts down to 0, Calories and Distance will count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 10 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the EFFORT as the user changes their stride cadence (RPM). The EFFORT will be reduced when user increases RPM and the EFFORT will be increased when the user decreases the RPM.

When you select this program, you are prompted to enter weight, target WATTS and program time. Use +/- keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline level will not change unless you manually change it.

Time counts down to 0, Calories and Distance will count up. Press EFFORT UP/DOWN to adjust the EFFORT and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 11 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program: Contact Heart Rate Grips or Chest Belt Pulse Transmitter. The equipment provides a standard contact handgrip on the moving handle bar to sense the user's heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program since it provides the best most consistent feedback.

When you select this program you will be asked for weight, and age. Your age will recommend a recommended Heart Rate. You can change it to a different value at your discretion.

IMPORTANT: By default, console software will recommend the user's recommended SAFE MAXIMUM HEART RATE based on the formula: $((220\text{bpm}-\text{AGE}) \times 75\%)$. User's are encouraged to consult with a doctor or training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

Finally, TIME display shows factory default setting "16:00". Press EFFORT UP/DOWN button to adjust the target time and press PROGRAM/ENTER to confirm. Press Start to Begin.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the INCLINE level and EFFORT level to keep the users at the TARGET HEART RATE throughout the program – excluding first 3 minutes and last minute (warm up and cool down).

PROGRAM INSTRUCTIONS

PROGRAM C1-C5 Custom Program

There are 5 Custom Programs. Programs can be up to 1-60 minutes long and can have up to 60 Incline and 60 Effort changes.

When you select a custom program, after you enter your weight you can either Press Start to Begin or Program to Edit the program.

EDIT MODE:

When you select edit, your cursor defaults to the first segment (noted by flashing box) in the LCD dot matrix. Every segment is 1 minute long.

Your incline and effort windows show the set incline and effort values for the segment that your cursor is on. Use the effort/incline +/- keys to adjust that segments values to your liking.

To make more segments: Press PROGRAM/ENTER

To delete a segment: Hold PROGRAM/ENTER (NOTE: when you Delete a segment, you not only delete the segment that you are on but also any segments that follow)

To save your changes and start your program: Press START

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.

